



## Quick and Easy Tips for Reducing Your Carbon Footprint

*Canada's annual CO<sub>2</sub> emission reached 574,340,000 tons in 2010, and Per capita, Canada's ecological footprint ranks seventh in the world, behind the United Arab Emirates, United States, Kuwait, Denmark, Australia and New Zealand.*

### 1. Lower your thermostat down 2° in winter and up 2° in summer

By doing so, you can save 21-30% off home heating/cooling bills. Using your heater or air conditioner less, you will emit less CO<sub>2</sub> into the atmosphere, thus reducing your carbon output.

### 2. Plant Trees

Trees provide summer cooling and block winter winds, absorb carbon dioxide and produce oxygen. Each tree can absorb 1-2kgs of Carbon Dioxide per year.

### 3. Cleaning or replacing your dirty filters on your furnace and air conditioner

By following this step, you can reduce about ¼ kg of carbon dioxide emission a year.

### 4. Put your computer monitor on a power-save mode

By having your monitor automatically shut-off, you can save 10% on your computer's energy usage.

### 5. Garbage Bags

Try to use something other than black plastic garbage bags. The black bags cannot be recycled because of the pigment which makes them black. So if possible stick with white or even better don't use plastic bags.

### 6. Be sure you're recycling at home

You can reduce 2kg of carbon dioxide emission a year by recycling half of your household waste .

### 7. Self-Composting your organic waste

Composting your kitchen waste at home will reduce greenhouse gases.

### 8. Reuse your shopping bag

Bring a reusable bag with you instead of accepting a disposable one in each shop. This will reduce the amount of plastic in landfills and the energy and resources used to produce those bags.

### 9. Keep the Curtains Closed

Keep the curtains closed at night, which will reduce the heat lost through cold window panes. This will reduce your carbon output

### 10. Eat less meat

Methane is the second most significant greenhouse gas and farm animals are among the greatest methane emitters. We use five times more food grains and seven times more the water to produce a kg. of animal versus plant protein.

## 11. Switch off Properly

Unplug your electronic equipment when you're not using them; this reduces your energy bills too.

## 12. Stick to Showers

The average bath contains about 80 liters of water, whereas a five-minute shower uses about 30 liters. Quick showers reduce the amount of water you use and the energy to heat up the water.

## 13. Heating Options

Space and water heating account for over 70% of energy used in the home, so switching to clean, renewable energy (e.g. wood fuel, solar energy or heat pump systems) makes a big reduction in the environmental impact of your home.

## 14. Buy Local Organic Produce

Purchasing locally produced food items such as fruits and vegetables can dramatically reduce the carbon footprint that your consumption creates. You reduce carbon, by buying fewer products that are shipped from far away.

## 15. Public Transit

Walk, bike, carpool, and use public transit more often than drive your vehicle. By driving less you emit less carbon.

## 16. Appliances and Office Equipment

Buy energy-saving office and home appliances and equipment, such as EnergyStar approved washers, LCD monitors, printers and photocopiers.

## 17. Resist the Seduction of Unnecessary Upgrades

Upgrade when necessary. When you upgrade, find a way to reuse existing models or donate them to charity. By buying fewer new products, your personal carbon output will be greatly reduced.

## 18. Smart Cooking

Cook meals from scratch. Pre-packaged foods require a lot of plastic and paper for packaging, compared to traditionally prepared foods from scratch.

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